

TSC Program Options – Spring/Summer 2023

Adult Fitness and Recreation (Memberships)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
AFR Adapted Fitness Facility Access (Term)	May 1 – September 1, 2023	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$124	May 22 Jul 3 Aug 7		Membership
AFR Subsidized Adapted Fitness Facility Access (Term)	May 1 – September 1, 2023	Monday - Friday (MWF 8:00 AM-4:00 PM, TR 9:30 AM-4:00 PM)	\$93	May 22 Jul 3 Aug 7	For AISH or annual income of \$22 000 or <	Membership
Active Passive Trainer (APT)	May 1 – September 1, 2023	Monday, Wednesday, and Friday (11:00 AM-2:00 PM)	\$50	May 22 Jul 3 Aug 7	APT only	Membership

Descriptions

AFR Adapted Fitness Facility Access (Term) - The Adapted Fitness Facility access provides participants with access to our specialized fitness facility with setup support available from floor monitors. This option offers limited support for those looking to workout independently within our facility. For individual exercise support including cueing, transport between pieces of equipment and stretching please see our instructional programming options or make arrangements to provide your own support.

AFR Subsidized Adapted Fitness Facility Access (Term) – This is the same as the AFR Adapted Fitness Facility Access (Term) but at a reduced rate. Please note that when registering at our TSC Registration Station (1-612 VVC), you must tell the staff you qualify for the subsidized rate.

Active Passive Trainer (APT) - This is now a membership that gives you access to only the APT machines. Please note that if you need to utilize other equipment in our facility as part of Access, you will require an Adapted Fitness Facility Access (Term) registration.

Adult Fitness and Recreation (Group Classes)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Sit to be Fit (Spring)	May 9 – June 29, 2023	Tuesday 10:15-11:15 AM	\$36	N/A		16955
		Thursday 10:15-11:15 AM	\$36	N/A		16956
Sit to be Fit (Summer)	July 4 – August 31, 2023	Tuesday 10:15-11:15 AM	\$40.50	N/A		16957
		Thursday 10:15-11:15 AM	\$40.50	N/A		16958
Circuit Training (Spring)	May 9 – June 29, 2023	Tuesday 11:30 AM-12:30 PM	\$36	N/A		16959
		Thursday 11:30 AM-12:30 PM	\$36	N/A		16960
Circuit Training (Summer)	July 4 – August 31, 2023	Tuesday 11:30 AM-12:30 PM	\$40.50	N/A		16961
		Thursday 11:30 AM-12:30 PM	\$40.50	N/A		16962
Walking & Wheeling Group (All Ages)	May 10 – June 14, 2023	Wednesday 4:30-5:30 PM	\$30	N/A	Ages 3-99	16988

Descriptions

Sit to be Fit - A 60 minute seated aerobics style class using body weight exercises as well as light free weights and resistance bands led by an APA instructor. The class provides instruction for strength, cardio and range of motion exercises.

Circuit Training – Take your workout to the next level! Rotate through a series of free weight exercises in this 60 minute circuit workout. Participants are required to transition between stations and complete the exercises independently.

Walking & Wheeling Group (All Ages) – Come out to explore the university campus and beyond while the weather is nice! This program will take place outdoors, rain or shine, to explore the university area. Participants will enjoy walking and wheeling with an emphasis on interaction with the natural world. Please note the program runs from 4:30-5:30 but drop-off time will be 4:15-4:30 and pick-ups must arrive by 5:15. The location for drop-off and pick-up will be announced prior to the program beginning.

Adult Fitness and Recreation (1:1 Options)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Adult PALS (Physical Activity Led by Student)	May 8 – June 19, 2023	Monday 10:45-11:40 AM	\$90	May 22		16931
		Monday 1:00-1:55 PM	\$90	May 22		16932
		Tuesday 10:45-11:40 PM	\$90	N/A		16933
		Tuesday 1:00-1:55 PM	\$90	N/A		16934
		Wednesday 10:45-11:40 AM	\$90	N/A		16935
		Wednesday 1:00-1:55 PM	\$90	N/A		16936
		Wednesday 2:15-3:10 PM	\$90	N/A		16937
		Thursday 10:45-11:40 AM	\$90	N/A		16938
		Thursday 1:00-1:55 PM	\$90	N/A		16939
		Friday 10:45-11:40 AM	\$90	N/A		16940
		Friday 1:00-1:55 PM	\$90	N/A		16941

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
1:1 AFR Participant - 10 Sessions	May 8 – July 21, 2023	variable	\$325	May 22 July 3	Verify first with a TSC staff member	1:1 AFR Returning Participant - 10 Sessions
TSC AFR Fitness Assessment	variable	variable	\$77	N/A	3 visits total	TSC AFR Fitness Assessment
TSC AFR Fitness Assessment (condensed)	variable	variable	\$50	N/A	1 visit total	TSC AFR Fitness Assessment (condensed)
TSC AFR Program Revitalization	variable	variable	\$61	N/A	2 visits total	TSC AFR Program Revitalization

Descriptions

Adult PALS (Physical Activity Led by Student) - With this package you will get nine, ten, or eleven 55-minute fitness sessions with a student who is under the supervision of one of our APA Consultants. These structured sessions will help you achieve your fitness goals while enjoying the company of your PAL. Please note that if you are new to the PALS program a preliminary fitness assessment is required. Subject to student availability.

1:1 AFR Participant, 10 Sessions - Ten 55 minute individualized fitness sessions with one of our Adapted Physical Activity consultants, to be completed over an 11-week time period. Consultants will guide you through your personalized exercise prescription based on your fitness assessment and personal fitness and physical activity goals each week. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.

TSC AFR Fitness Assessment - A 90 minute individualized adapted fitness assessment to gather baseline fitness measurements and design a program for your current fitness goals. This package also includes two 55-minute introductory fitness sessions familiarizing participants with their fitness program and the facility.

TSC AFR Fitness Assessment (condensed) - A 90 minute individualized adapted fitness assessment to gather baseline fitness measurements and design a program for your current fitness goals. Please note this package does not have any formal follow-ups and is best utilized with programming that will have regular follow-ups, such as 1:1 or PALS sessions

TSC AFR Program Revitalization - If you have been doing the same program for a while and feel you need a refresh, a consultant can design and walk you through a brand new program in our gym. This package includes two 55-minute sessions.

Adult Fitness and Recreation (New Programs)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Machine Strength	May 9 – June 13, 2023	Tuesday 9:00-10:00 AM	\$48	N/A		16946
Semi-Private Training	June 26 – August 18, 2023	Monday 10:00-11:30 AM	\$60	July 3 Aug 7		16947
		Monday 1:00-2:30 PM	\$60	July 3 Aug 7		16948
		Tuesday 1:00-2:30 PM	\$80	N/A		16949
		Wednesday 10:00-11:30 AM	\$80	N/A		16950
		Wednesday 1:00-2:30 PM	\$80	N/A		16951
		Thursday 1:00-2:30 PM	\$80	N/A		16952
		Friday 10:00-11:30 AM	\$80	N/A		16953
		Friday 1:00-2:30 PM	\$80	N/A		16954

Descriptions

Machine Strength - It's the rise of the machines! Come participate in a 60 minute circuit style class using almost all machines in the TSC main gym. The class will provide instruction and coaching for strength exercises.

Semi-Private Training - Come join us for a new kind of training experience. In this offering, you will have support for set-up/take-down of all your exercises, with a good dose of coaching/cueing/encouragement from our TSC staff and volunteers. With up to only 4 participants per time slot, this is NOT a traditional 1:1 but you will still receive most of the traditional support as with a 1:1 or PALS session, just over a slightly longer session length of 90 minutes.

Athlete Development for Para Sport (Group Classes)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Adaptive Learn to Swim	May 10 – June 14, 2023	Wednesday 4:00-5:00 PM	\$90	N/A		16990
Para Swimming Development & Youth Pre-Competitive	May 9 – June 15, 2023	Tuesday 4:00-5:00 PM	\$90	N/A		16989
		Thursday 4:00-5:00 PM	\$90	N/A		16991
		Thursday 7:00-8:00 PM	\$90	N/A		16992
		Thursday 8:00-9:00 PM	\$90	N/A		16993
Para Swimming Performance (competitive)	May 2 – June 30, 2023	Tuesday 2:30-4pm OR 7-8:30pm, Thursday 2:30-4pm OR 7-8:30 PM, Friday 3:30-5:00 PM, Saturday 8:30-10:00 AM	\$525	N/A		16994

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Athlete in Training	May 9 – June 15, 2023	Tuesday 4:30-6:00 PM	\$76.50	N/A		16995
		Thursday 4:30-6:00 PM	\$76.50	N/A		16996
Performance Para Development	May 9 – June 15, 2023	Tuesday 6:00-7:30 PM	\$76.50	N/A		16997
		Thursday 6:00-7:30 PM	\$76.50	N/A		16998

Descriptions

Athlete in Training - This program is geared towards athletes experiencing disability ages 12+ who want to increase their training level to challenge themselves, improve performance in recreational sport, or who have the goal of high-level competition. Focusing on physical conditioning – muscular strength and power as well as skill development - in a fun, educational group environment. Athletes train in a group setting, but each receives an individualized program focusing on specific areas of strength and areas of improvement.

Performance Para Development – This program is designed for athletes experiencing disability competing in Para Sport. Athletes in this program will be able to train 1-2 times per week with a strength and conditioning coach. Training sessions focus on building muscular strength, power, endurance, and flexibility specific to the demands of each sport and the unique abilities of each athlete.

Para Athletics* – The Steadward Bears Para-Athletics Team allows you to engage in a variety of track & field activities, such as running, jumping, throwing and wheeling. You will have the opportunity to focus on one area or develop skills in multiple disciplines. With the support of qualified coaches and Adapted Physical Activity consultants, you will focus on skills related to success in track & field activities. The Steadward Bears will support you whether you are just learning the sport or have competitive sport goals in mind.

** Para Athletics is a full year program, with registration happening in September. Any athletes interested in joining para athletics throughout the rest of the year can email Coach Maegan at tscparatrack@ualberta.ca*

Para Swimming – The Steadward Bears Para Swimming Program engages athletes experiencing disability to develop competitive swimming skills. It is a fully integrated swimming program for athletes from grassroots to elite. With the support of qualified coaches, knowledgeable volunteers and Adapted Physical Activity Consultants, we develop individualized programs that focus on stroke-specific skills for athletes of all ages and are inclusive of all individuals experiencing disability. The Steadward Bears support athletes who are new to the sport of swimming as well as with aspirations to compete at provincial and national levels. We run several different programs depending on the swimmer's ability and interest, although all members of the Steadward Bears Para swimming community share a common, inclusive and welcoming community.

Steadward Bears Para Swimming Programs:

Adaptive Learn to Swim

The Steadward Bears Adaptive Learn to Swim program is designed to give individuals with disabilities an opportunity to participate in swim lessons while focusing on developing both physical and social skills that will last a lifetime. We emphasize each person's abilities and individuality, and specifically design a swim program to foster independence while providing positive recreational and educational experiences for our participants. No previous swimming experience is necessary for this program, however participants must be comfortable in the water.

Development (Pre-Competitive)

The Development group is for swimmers looking for a pre-competitive swim environment, and need to develop stronger skills, build endurance and strength. Swimmers learn the basics of competitive swimming with individualized programs and knowledgeable coaches and volunteers. This is a great program for swimmers who are looking to continue onto the competitive team as well as those who are just looking for a great way to exercise and be a part of an inclusive community. We ask that swimmers can swim 25m independently before joining this group.

Youth Pre-Competitive

Steadward Bears Para Swimming is proud to announce a new program for 14 and Under swimmers. This program is similar to our Development program but allows for younger individuals with disabilities to share in our welcoming and inclusive Para swim community. We ask that swimmers feel comfortable in the water and are working towards being able to swim 25 meters independently.

Performance (Competitive Team)

The Steadward Bears Competitive Para Swim Team is a competition-focused program for individuals who:

- Have a physical, visual or intellectual impairment
- Can participate in group training and follow coach instructions
- Can safely and comfortably swim 50 meters without aids or assistance.
- Are committed to improving their swim strokes for efficiency and effectiveness.
- Will entertain a conversation about competing in a swimming competition.
- Are committed to being part of a mutually supportive, fun-loving team.

Steadward Bears Para Swim Team is an environment where athletes are empowered to reach for goals, challenge their abilities and enjoy the competitive arena. Our competitive team shares an inclusive and welcoming environment, regardless of whether they are competing at a regional, provincial, national or international level. All NEW para swimmers looking to join the Steadward Bears Competitive Team are required to try-out and must pre-register for a try-out session.

FES (Functional Electrical Stimulation)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
FES M/W/F	May 1 – September 1, 2023	Variable	\$415.65	May 22 Jul 3 Aug 7	Verify a spot first with a TSC staff member	16942
FES M/W/F Subsidized	May 1 – September 1, 2023	Variable	\$311.10	May 22 Jul 3 Aug 7	Verify a spot first with a TSC staff member For AISH or annual income of \$22 000 or <	16943
FES Tues/Thur	May 2 – August 31, 2023	Variable	\$293.40	N/A	Verify a spot first with a TSC staff member	16944
FES Tues/Thur Subsidized	May 2 – August 31, 2023	Variable	\$219.60	N/A	Verify a spot first with a TSC staff member For AISH or annual income of \$22 000 or <	16945

*** All of the above FES options include Access to all fitness equipment in the TSC main gym space***

Program name	Date Range	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
FES Assessment, Program Design, & Implementation	variable	variable	\$153	N/A	For individuals intending to do FES at The Steadward Centre Includes 1 follow-up session	FES Assessment, Program Design, & Implementation
FES Refresh	variable	variable	N/A	N/A	Single session Included with FES registration for current term	FES Refresh

Electrodes (for FES)

Electrode Size	# of electrodes (per package)	Cost (per package)
2" x 2"	4	\$12
2" x 3.5"	4	\$14
3" x 4"	2	\$12

Descriptions

FES M/W/F - Functional Electrical Stimulation (FES) is a modality that uses electrical current applied to paralyzed or weakened muscles via electrodes placed on the skin. We offer FES arm cycling and leg cycling. All new participants require an FES assessment prior to registering for the program. This offering registers you for every Monday, Wednesday, and Friday at the same consistent time. Each time slot is 60 minutes long, including set-up and take-down time (the program itself is typically 30-35 minutes of FES exercise). When registering, please confirm a time slot first with a TSC staff member.

FES M/W/F Subsidized – This is the same as the FES M/W/F but at a reduced rate. Please note that when registering at our TSC Registration Station (1-612 VVC), you must tell the staff you qualify for the subsidized rate.

FES Tues/Thur - Functional Electrical Stimulation (FES) is a modality that uses electrical current applied to paralyzed or weakened muscles via electrodes placed on the skin. We offer FES arm cycling and leg cycling. All new participants require an FES assessment prior to registering for the program. This offering registers you for every Tuesday and Thursday at the same consistent time. Each time slot is 60 minutes long, including set-up and take-down time (the program itself is typically 30-35 minutes of FES exercise). When registering, please confirm a time slot first with a TSC staff member.

FES Tues/Thur Subsidized - This is the same as the FES Tues/Thur but at a reduced rate. Please note that when registering at our TSC Registration Station (1-612 VVC), you must tell the staff you qualify for the subsidized rate.

FES Assessment, Program Design, & Implementation - Are you new to the program? Consultants will create an individualized program, performance muscle testing (up to 2 hours) and provide a follow-up session of up to 60 minutes.

FES Refresh - If you have been doing the same program for a while and feel you need a refresh, a consultant can make adjustments to your current FES program. Consists of one 60-minute session. Participants must be registered in current term to participate.

Free2BMe (Group Classes)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Cycle Challenge	May 10 – June 14, 2023	Wednesday 5:00-6:00 PM	\$75	N/A	Ages 4-12	16956
		Wednesday 6:30-7:30 PM	\$75	N/A	Ages 4-12	16966
Cycle Adventure	May 9 – June 13, 2023	Tuesday 6:00-8:00 PM	\$90	N/A	Ages 13-25	16964
Teen Fitness Fun	May 11 – June 15, 2023	Thursday 6:30-8:00 PM	\$75	Feb 23 Mar 2	Ages 13-25	16963
Walking & Wheeling Group (All Ages)	May 10 – June 14, 2023	Wednesday 4:30-6:00 PM	\$30	N/A	Ages 3-99	16988

Descriptions

Cycle Adventure – Cycle Adventure is back! This program is designed for the cyclist looking to develop their cycling skills. Build your cycling skills and endurance by riding on trails throughout the University of Alberta and surrounding areas. Learn how to use your gears, share trails and roads with other users, all whilst exploring Edmonton's beautiful river valley. Participants must be confident and proficient in cycling in order to participate. All types of bicycles are welcome. This program will run rain or shine!

Cycle Challenge – Leave the training wheels behind! Come learn how to ride your bike and gain the confidence and techniques you need to ride independently. One on one support, play-based instruction and small attainable goals will help you feel comfortable and confident on two wheels. All types of bicycles are welcome. This program will run rain or shine!

Teen Fitness Fun – Join us for one of the most popular programs The Steadward Centre has to offer! Come out and exercise in a fun, social atmosphere and discover different ways to keep fit and develop your technique and fitness knowledge while working out. Age range for program is 13-25 years old.

Walking & Wheeling Group (All Ages) – Come out to explore the university campus and beyond while the weather is nice! This program will take place outdoors, rain or shine, to explore the university area. Participants will enjoy walking and wheeling with an emphasis on interaction with the natural world. Please note the program runs from 4:30-5:30 but drop-off time will be 4:15-4:30 and pick-ups must arrive by 5:15. The location for drop-off and pick-up will be announced prior to the program beginning.

Free2BMe (1:1 Options)

Program	Dates	Days & Times	Cost	Omit Dates	Notes	Identifier (registration)
Free2Achieve PALS (Physical Activity Led by Student)	May 8 – June 19, 2023	Monday 4:00-4:45 PM	\$45	May 22	Ages 4-12	16972
		Tuesday 4:00-4:45 PM	\$45	N/A	Ages 4-12	16983
		Tuesday 5:00-5:45 PM	\$45	N/A	Ages 4-12	16984
		Wednesday 4:00-4:45 PM	\$45	N/A	Ages 4-12	16985
		Thursday 4:00-4:45 PM	\$45	N/A	Ages 4-12	16986
		Thursday 5:00-5:45 PM	\$45	N/A	Ages 4-12	16987
Fitness PALS (Physical Activity Led by Student)	May 8 – June 19, 2023	Monday 5:00-6:00 PM	\$60	May 22	Ages 13-19	16967
Free2Achieve 1:1 - 10 Sessions	May 8 – June 19, 2023	variable	\$75	May 22	Verify first with a TSC staff member Ages 4-12	1:1 Free2Achieve Returning Participant - 6 Sessions
Free2BMe 1:1 - 10 Sessions	May 8 – June 19, 2023	variable	\$100	May 22	Verify first with a TSC staff member Ages 13-19	1:1 Free2BMe Returning Participant – 6 Sessions

Descriptions

Free2Achieve 1:1, 5 Sessions - Work with a Free2BMe consultant to achieve your motor skill goals, whatever they may be! Come enhance your physical literacy through individualized sessions that both challenge and build your confidence and competence. Up to five-45 minute sessions to be completed over an 6 week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.

Free2BMe 1:1 - 5 Sessions – Work with a Free2BMe consultant to achieve your fitness goals, whatever they may be! Come enhance your physical literacy through individualized sessions that both challenge and build your confidence and competence. Up to five-60 minute sessions to be completed over a 6 week time period. Additional sessions may be available for purchase on a pro-rated scale subject to TSC staff availability.

Free2Achieve PALS (Physical Activity Led by Student) - Free2Achieve offers a fun and engaging one-on-one session with a senior level University student. During this session, you will work on motor skill development and physical literacy aimed towards achieving your personal sport and physical activity goals. Please select a 45-minute time slot on one day when registering for this program.

Fitness PALS (Physical Activity Led by Student) - Come work one-on-one with a senior level University student to achieve your personal fitness goals in a fun and engaging workout session. Together, you will work through a physical activity program hand-crafted just for you by one of our Free2BMe consultants. Please select a 60-minute time slot on one day when registering for this program.

Parking Passes

Product name	Date Range	Days & Times	Cost	Notes	Identifier (registration)
TSC Term Parking Pass	April 29 – September 1, 2023	variable	\$90	<p>This pass is valid for all days of the week for the allotted date range.</p> <p>Please note that purchase of this pass is a final sale and no credits or refunds will be issued.</p>	TSC Term Parking Pass
TSC Day Parking Pass	April 29 – September 1, 2023	variable	\$61	<p>This pass is valid for a chosen single day of the week (ie Monday) and will be valid for each recurring day chosen for the allotted date range.</p> <p>Please note that purchase of this pass is a final sale and no credits or refunds will be issued.</p>	TSC Day Parking Pass